

AQUATICS

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SWIM LESSONS

CALL 262.634.1994 FOR SWIM LESSON SCHEDULES



PRIVATE SWIM LESSONS

Private or semi-private swim lessons allow the participant to work at a personalized level to achieve swim goals and are a good way to help swimmers focus on a particular skill or to help overcome a fear of the water. **To schedule semi- and private lessons, stop by the Welcome Desk or contact our Aquatic Coordinator at 262.898.4559.**

PRIVATE SWIM LESSONS

1:1 ratio. Instructor will teach 1 swimmer for 30 minutes per lesson
3 lessons: \$69 Members/\$99 General Public
6 lessons: \$119 Members/\$149 General Public

SEMI-PRIVATE SWIM LESSONS

2:1 ratio. Instructor will teach 2 swimmers for 30 minutes per lesson
6 lessons: \$89 Members/\$119 General Public

HOMESCHOOL SWIM WILL RETURN IN FALL 2022

PRE-TEAM SWIM



Interested in swim team, but not sure about the commitment? These pre-swim team lessons are a great place to start! Your child will train with an instructor/coach focusing on the fundamentals of all 4 competitive strokes.

Prerequisites: participants must be able to swim 25 yards of front crawl with rotary breathing, 25 yards of back crawl, and be comfortable in deep water (10 feet)

Day: Thursday **Time:** 7:00pm

CALL 262.634.1994 FOR RATE INFORMATION



SEA SWIM TEAM

The next step in your child's swim career. Swimmers refine their strokes, learn how to Compete and learn how to be a team player. SEA-Y is also dedicated to teaching kids good sportsmanship and fair competition.



For more information call Coach Neil at 262.994.3157 or visit the team's website at www.sea-y.org



Stage Descriptions

SWIM STARTERS

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.



A / WATER DISCOVERY

Parents accompany children in Stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.



B / WATER EXPLORATION

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and aquatic skills.

SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim—sequencing front glide, roll, back float, roll, front glide and exit
- Jump, push, turn, grab



1 / WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.



2 / WATER MOVEMENT

In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.



3 / WATER STAMINA

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

SWIM STROKES

Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being and foster a lifetime of physical activity.



4 / STROKE INTRODUCTION

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.



5 / STROKE DEVELOPMENT

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.



6 / STROKE MECHANICS

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

Contact the Welcome Desk for details on swim lessons at 262.898.4551 or email frontdesksa@ymcaracine.org.

SWIM LESSONS








provide important life skills that could save a life and benefit you for a lifetime

7 week session: \$61 Members • \$89 General Public 8 week session: \$69 Members • \$101 General Public



SCHEDULE FOR SUMMER 2022

Questions? Please contact our Aquatics team at 262.898.4559.

STAGES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SWIM STARTERS Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills.						
 Stage A: 6-18 mos.		5:05-5:35 pm			11:15-11:45am	8:15-8:45am
	 Stage B: 18-36 mos.		5:40-6:25pm			11:15-11:45am
SWIM BASICS Students learn personal water safety and achieve basic swimming competency.						
 Preschool: 3-5 yrs Stage 1P	4:35-5:05pm 5:10-5:40pm 5:50-6:20pm	4:35-5:05pm 5:50-6:20pm 6:30-7:00pm	5:10-5:40pm 5:50-6:20pm	4:35-5:05pm 5:50-6:20pm 6:30-7:00pm	10:00-10:30am	9:30-10:00am 10:50-11:20am 11:30-12:00pm
	Youth: 6-11 yrs Stage 1Y		4:35-5:05pm 5:10-5:40pm 5:50-6:20pm		4:50-5:35pm 5:40-6:25pm 6:30-7:15pm	
 Preschool: 3-5 yrs Stage 2P	4:35-5:05pm 5:10-5:40pm 5:50-6:20pm	4:35-5:05pm 5:50-6:20pm 6:30-7:00pm	5:10-5:40pm 5:50-6:20pm	4:35-5:05pm 5:50-6:20pm 6:30-7:00pm	10:00-10:30am	9:30-10:00am 10:50-11:20am 11:30-12:00pm
	Youth: 6-11 yrs Stage 2Y		4:50-5:35pm 5:40-6:25pm 6:30-7:15pm		4:50-5:35pm 5:40-6:25pm 6:30-7:15pm	
SWIM STROKES Having mastered the fundamentals, students learn additional water safety skills and build stroke technique.						
 Preschool: 3-5 yrs Stage 3P		5:10-5:40pm		6:30-7:00pm	10:40-11:15am	10:10-10:50am
	Youth: 6-11 yrs Stage 3Y	4:50-5:35pm	4:50-5:35pm 6:30-7:15pm		4:50-5:35pm 5:40-6:25pm	
 Preschool: 3-5 yrs Stage 4P		5:10-5:40pm		6:30-7:00pm	10:40-11:15am	10:10-10:50am
	Youth: 6-11 yrs Stage 4Y	4:50-5:35pm	4:50-5:35pm 5:40-6:25pm		4:50-5:35pm 5:40-6:25pm	
 Youth: 6-11 yrs Stage 5Y		5:50-5:25pm 6:30-7:15pm		4:50-5:35pm 6:30-7:15pm		10:25-11:10am
	Youth: 6-11 yrs Stage 6Y		6:30-7:15pm		4:50-5:35pm 5:40-6:25pm	

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SC JOHNSON COMMUNITY AQUATIC CENTER SWIM LESSON SCHEDULE



MONDAY YOUTH SAFETY DAY

10:00-10:45 a.m. (two weeks)
11:00-11:45 a.m. (two weeks)

WEDNESDAY ADULT SAFETY DAY

10:00-10:45 a.m. (two weeks)
11:00-11:45 a.m. (two weeks)

TUESDAY AND THURSDAY SCHEDULE

Preschool Stages 1 & 2 at 10:00 a.m. (two weeks)
Preschool Stages 1 & 2 at 11:00 a.m. (two weeks)

Preschool Stages 3 & 4 at 10:30 a.m. (two weeks)
Preschool Stages 3 & 4 at 11:30 a.m. (two weeks)

Youth Stages 1 & 2 at 10:00 a.m. (two weeks)
Youth Stages 3 & 4 at 10:45 a.m. (two weeks)
Youth Stages 5 & 6 at 11:30 a.m. (two weeks)

Did you know?
More than 100 years ago, the Y created the concept of group swim lessons and to this day, teaches more than 1 million children invaluable water safety and swimming skills every year.

Questions? Please contact our Aquatics Team staff at 262.898.4559 for assistance.



SC JOHNSON COMMUNITY AQUATIC CENTER

Membership Team • frontdesksa@ymcaracine.org • 262.634.1994



OPENS FOR THE SEASON ON WEDNESDAY, JUNE 8, 2022

	MONDAY-SATURDAY	SUNDAY
Lap Swim Lap Lanes—# OF LANES VARY BY TIME	6:00am-7:00pm	10:00am-7:00pm
Adult Swim Leisure Pool	6:00am-10:00am	
Family Swim Leisure Pool: Playground & leisure pool slides	11:00am-1:00pm	11:00am-1:00pm
Open Swim Leisure Pool/Lap Pool/All Features	1:00pm-7:00pm	1:00pm-7:00pm

Supervision Guidelines

To provide a safe and positive experience for the youth of our community the following supervision guidelines will be followed for all YMCA members and guests. "Supervising Adult" is defined as an individual 18 years or older. The following guidelines apply to all children using the SC Johnson Community Aquatic Center, including the waterpark, locker rooms and concession areas.

- **Children 16 & up** are not required to be accompanied by a supervising adult or take a swim test.
- **Children 12 & up** are not required to be accompanied by a supervising adult but are required to take a deep water swim test or stay in areas designated for non-swimmers.
- **Children 8-11** are required to be accompanied by a supervising adult who remains in the waterpark, take a swim test or stay in areas designated for non-swimmers.
- **Children 7 & under** are required to be directly supervised at all times by a supervising adult
 - ⇒ **Children 4-7** must be in the water with an adult, take the shallow water swim test or stay in areas designated for non-swimmer
 - ⇒ **Children under 3** must be in arms reach of a supervising adult at all times when in the water.

Pool Closure Policy

It is our goal to keep the SC Johnson Community Aquatic Center open as much as possible but Wisconsin's unpredictable weather can affect the best-laid summer plans. On questionable weather days and before you grab your suit, towel and sunblock, visit our Y Facebook page or call 262.347.4997, ext. 3 to see if the pool is open.

Lightning and Thunder: When thunder or lightning is first noticed, outdoor pool activities will be suspended and all outdoor pools and pool decks will be evacuated until 30 minutes after the last sign of thunder or lightning. The distance from a facility to an approaching thunderstorm can be five to eight miles away but lightning can strike from a much farther distance.

Rain/Wind: Heavy rain can make it difficult to see the bottom of a pool or beneath the surface. If heavy rain causes bottom obstruction, pools will be cleared and swimming halted until the rain lets up. Wind can also cause safety hazards. If wind is observably strong or gusty and causes bottom obstruction due to rippling, swimmers will be cleared from pools until the bottom is visible.

The Y management of the SC Johnson Community Aquatic Center reserves the right to close the pool in the event of inclement weather, including low air temperatures: 65° or below or mechanical and chemical failures. If there is a light bather load, areas of the pool may close. Refunds will not be issued for weather-related or light bather load closures.

SC JOHNSON COMMUNITY AQUATIC CENTER

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Season Pass	Racine Family YMCA Member	GENERAL PUBLIC Racine County Resident	GENERAL PUBLIC Racine County Non-Resident
Youth: 3-17 years (under 2 FREE)	\$19.00	\$19.00	\$29.00
Adult: 18-61 years	\$49.00	\$59.00	\$69.00
Senior: 62 years+	\$39.00	\$49.00	\$59.00
Household: 1 Adult + 3 Kids	\$79.00	\$99.00	\$119.00

Season pass holder benefits

- Early access to Family Swim session (10:00-11:00am) • \$10 discount on SC Johnson Community Aquatic Center swim lessons
- Household Season Holders: can add on 2 Adults & 2 kids to their household pass

SEE SUPERVISION GUIDELINES—MAX: 1 Adult: 5 kids

ALL PASSES ARE NON-REFUNDABLE

DAILY RATES	Racine County Resident ID Required	Racine County Non-Resident
Youth: 3-17 years (under 2 FREE)	\$3.00	\$14.00
Adult: 18-61 years	\$10.00	\$12.00
Senior: 62 years+	\$8.00	\$10.00
Household: 1 Adult + 3 Kids	\$15.00	\$20.00

SEE SUPERVISION GUIDELINES—MAX: 1 Adult: 5 kids

GROUPS of 10 or more must make advance reservations

ALL PASSES ARE NON-REFUNDABLE

Code of Conduct

FOLLOWING OUR VALUES OF CARING, HONESTY, RESPECT AND RESPONSIBILITY AS A GUIDE, THE Y'S CODE OF CONDUCT ENSURES THAT ALL WHO ENTER OUR FACILITY ENJOY A SAFE, WELCOMING AND COMFORTABLE ENVIRONMENT.

We ask individuals to act in a manner that upholds these values at all times when they are in our facility or participating in Y programs. The safety and protection of Y members and guests is important to us at the Racine Family YMCA.

The Y is a family-oriented organization; please refrain from:

- Tattoos, body art, piercings or body modifications that carry sexual, vulgar or offensive messages, references or pictures, including that of alcohol, tobacco, drugs and gang affiliations will not be permitted. You may cover these so that they are not exposed while using the facility.
- Wearing inappropriate clothing and swimwear. ONLY swimwear is allowed in the pool. No basketball shorts, sports bras or other revealing items. Please wear your swimsuit only in the pool area and locker rooms. Shoes, shorts or pants and shirts are required in other areas of the facility.
- Using offensive language or making physical contact with another person in any angry or threatening way.
- Engaging in sexual activity or inappropriate contact with another person.
- Harassing or intimidating by words, gestures, body language or any other menacing behavior.
- Stealing or other behavior that results in the loss or destruction of property.
- Carrying or concealing any weapon, device or object which may be used as a weapon.
- Abusing or defacing the YMCA building or its equipment.
- Using or possessing illegal drugs or alcohol on YMCA property or in YMCA vehicles.
- Smoking. All YMCA facilities and grounds are smoke-free environments—this includes electronic cigarettes.
- Displaying threatening, inappropriate or offensive conduct.
- Posting unapproved materials. Stop at the Welcome Desk for permission to post flyers in the facility or surrounding property.
- The use of cameras and cell phones is not allowed in the locker room or bathroom areas.
- Conducting or participating in paid personal training or other training sessions (swimming, sports) with an instructor not employed by the Y.

Members and guests are encouraged to be responsible for their personal comfort and safety. If any person exhibits behavior which threatens another person's comfort or safety, the behavior should be reported to staff. Please do not hesitate to notify staff if assistance is needed. To carry out these policies, we ask that members and guests identify themselves to staff when asked. The Y investigates all reported incidents. Suspension or termination of privileges may result if a violation of this Code of Conduct has occurred.